

NOVEMBER 2021 Fitness Classes

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
8:00 - 8:55	AeroFIT (GB)	SilverSneakers® Yoga (DR)	AeroFIT (GB)	SilverSneakers® Yoga (DR)	AeroFIT (GB)
9:00 - 9:55	Fitness Fusion (WS)	*	Fitness Fusion (WS)	*	Fitness Fusion (WS)
10:00 - 10:55	Body 360 (WS)	PEPPI (DR)	Body 360 (WS)	PEPPI (DR)	Body 360 (WS)
11:00 - 11:55	SilverSneakers® Classic (WS)	Tai Chi (WS)	SilverSneakers® Classic (WS)	Tai Chi (WS)	SilverSneakers® Classic (WS)
12:00 - 12:55	*	Total Body Strength (WS) 12:15 - 12:45	*	Total Body Strength (WS) 12:15 - 12:45	*
1:00 - 1:55	SilverSneakers® Cardio (WS)	Yoga Basics (WS)	SilverSneakers® Cardio (WS)	Yoga Basics (WS)	SilverSneakers® Cardio (WS)
5:30 - 6:15	*	YogaCore (GB) ----- Zumba® Gold Toning (WS)	*	YogaCore (GB) ----- Zumba® Gold Toning (WS)	*

Class Location: WS = Wellness Studio GB = Game Room B DR = Dining Room

Registration is required for all classes.

Additional classes will be added throughout 2021.

Please let us know what classes you would like to see on the calendar.

FREE CLASSES

**Want to try some fitness classes for free?
The last 5 business days of each month is
FREE WEEK! Try it out to see if you like it!**

Cost Info: Silver Sneakers classes are free to Silver Sneakers members. Zumba classes are free to Silver & Fit members. Renew Active Members can take Silver Sneakers and Zumba Classes for free. All other members must pay to join these classes. See reverse side for more information.

Class Descriptions

<u>AeroFIT</u> Instructor - Paula Steinmeyer This class uses an aerobic section for heart health, strength training for stronger muscles and core, and stretching for increased flexibility and range of motion. We use (optional) free weights in a standing-only format. This class is low impact and good for most fitness levels.	MWF: 8:00–8:55 AM \$35/month Game Room B	<u>SilverSneakers® Yoga</u> Instructor - Maureen Neagle Participants complete seated and standing yoga postures. This class is suitable for beginners to advanced participants, and it provides breathing exercises and relaxation without the strain on your joints.	T/TH: 8:00-8:55 AM \$20/month Dining Room
<u>Body 360</u> Instructor - Kathy Wade This vigorous class utilizes free weights and resistance bands to strengthen every muscle group. It also includes cardio work, interval training, circuit training, and mat/floor exercises! This class will get your heart rate up and your blood flowing!	MWF: 10:00–10:55 am \$30/month Wellness Studio	<u>Tai Chi</u> Instructor - Jason Salgado Tai Chi is a slow moving, meditative practice that coordinates breath with movement. Sometimes referred to as "meditation in motion." It can be used to improve balance, strength, blood circulation, manage stress, and promote health. Open to all ability levels.	T/TH: 11:00-11:55 AM \$30/month Wellness Studio
<u>Fitness Fusion</u> Instructor - Maureen Neagle Encompasses all the elements needed for a stronger, healthier body: cardio for the heart and lungs, resistance for stronger, toned muscles and stretching for flexibility and balance, fused into a "you can do this" format designed to invigorate the mind as well as the body.	MWF: 9:00-9:55 AM \$30/month Wellness Studio	<u>Total Body Strength</u> Instructor - Jade Goodyear Want to build strength and muscular endurance in a time-efficient manner? Total Body Strength is for you! This class exclusively consists of functional total body strength training exercises with an emphasis on posture and core.	T/TH: 12:15-12:45 PM \$30/month Wellness Studio
<u>PEPPI</u> Instructor - Bob Webb A very popular class that introduces you to basic exercises designed to restore mobility, strength and balance. If you have not exercised for a while and want to re-tune your body, this is where you want to start.	T/TH: 10:00-10:55 AM \$20/month Dining Room	<u>Yoga Basics</u> Instructor - Jessica Angelica Learn the basics of yoga with an introduction to breath work and postures. This class moves at a slower pace and is beginner friendly. Improve your balance, flexibility, and mind-body connection with Yoga Basics.	T/TH: 1:00-1:55 PM \$30/month Wellness Studio
<u>SilverSneakers® Cardio</u> Instructor - Candy Waggoner This class brings heart-healthy aerobics to your workout using low-impact movements. This class focuses on building upper-body and core strength with added cardio endurance.	MWF: 1:00-1:55 PM \$25/month Wellness Studio	<u>YogaCore</u> Instructor - Jade Goodyear A more challenging mix of yoga postures and Pilates type core-strengthening. Beginners are still welcome, but not appropriate if you are recovering from an injury or surgery.	T/TH: 5:30-6:15 PM \$30/month Game Room B
<u>SilverSneakers® Cl</u> Instructor - Candy Waggoner Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles, and a SilverSneakers ball. A chair can be used for seated exercises or standing support.	MWF: 11:00-11:55 AM \$25/month Wellness Studio	<u>Zumba® Gold Toning</u> Instructor - Taeko Coslett This class is an exciting but slower-paced Zumba class focusing on muscle conditioning. It features low to moderate intensity strength training using Zumba Toning Sticks.	T/TH: 5:30-6:15 PM \$25/month Wellness Studio